

BERNAL JOURNAL

1985

February

INSIDE

To Your Health ... p. 2

Open House p. 4

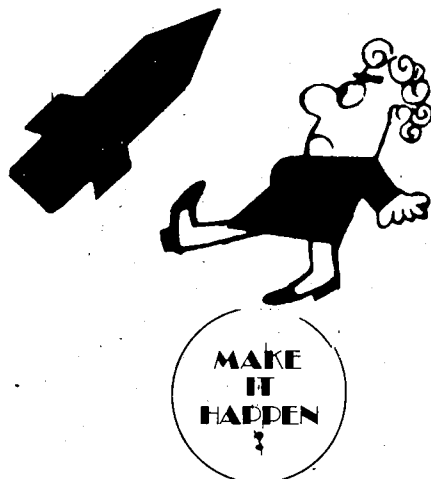
Bulletin Board p. 6

Missouri? Let's "Show" Them — the Door!

As of now the San Francisco Board of Supervisors has passed (by a 6-5 vote) a resolution by Supervisor Hongisto which opposes the deployment of the Battleship Missouri in Hunters Point. The Mayor, as promised, vetoed the resolution and has been working actively to insure that the ship, which carries nuclear-capable missiles, will be based in San Francisco instead of Hawaii or Long Beach.

Much of the controversy has centered around the costs and benefits of having the Missouri here. The Mayor and her task force have minimized the nuclear risks associated with the ships and have played up expected economic benefits to San Francisco. Opponents, in general, have maintained that the benefits that would come to the City are much smaller than the Mayor's projections. They also suggest that the risks involved are greater, both in terms of the weapons and economic and social dislocation.

From the Bernal Journal's point of view, however, the discussion should not be focused on the narrow question of costs and benefits to



the local community. Even if we succeed in keeping the Missouri out of San Francisco, we must realize that the risks (accidental detonation or radiation leakage or sabotage) and costs due to influx of personnel (aggravated housing and transportation problems) will only be moved elsewhere. We might also mention that the Bay is already home to "nuclear capable" ships and the Navy has plans to base a new group of such ships at Treasure Island.

We also think it is important to see the issue not just as a tradeoff between economic gains and nuclear dangers. It has been shown

that military expenditures are much less productive economically than spending in other sectors such as education.

Yet we are currently faced with real increases in the already excessive military budget, while the President talks about freezing Social Security benefits and moves to cut other human service programs.

In opposing the Missouri, we must make it explicit that we see it only as a part of our general opposition to a war economy. Realizing that our economic and security interests would be better served by developing our human resources with expenditures for health care, housing and education, our community and elected leaders should begin to propose alternatives to projects like the Missouri.

In a sense, our opposition to the Missouri is only symbolic because it will not prevent its deployment nor will it keep the Bay Area nuclear-free. But it is important for us to take this and other symbolic steps and join the ranks of other communities around the country who are taking such steps in order to protect our future.

by Carlos Alcalá

Letters

THESE LETTERS WERE SENT TO VARIOUS SAN FRANCISCO NEWSPAPERS RECENTLY

for Peace

The nuclear weapons issue seems to be a moot point with Alameda, Treasure, Mare Island, Concord and Moffett Field all on San Francisco Bay. I can neither confirm nor deny the presence of nuclear weapons at any of these bases, or on the ships and aircraft that frequent them. But you can bet your hat they have more than Daisy Air Rifles for weapons.

Given all this, I personally am opposed to homeporting any naval ship at Hunters Point. I would be ashamed to have any men under my command subjected to a shipyard that has very limited "people facilities" such as Exchange, entertainment, sports or housing facilities. This would require the sailors to leave the base and become subjected to a very high crime rate in the area outside the base. Public transportation is not safe to ride with even private autos and motorcycles coming under fire from rocks, bottles, and, yes, even firearms.

Hunters Point was designed as a "repair and overhaul" facility, not a homeport. And until the City can

make the area safe from thugs, muggers, purse snatchers, robbers and rapists, I personally would not want to homeport any ship at Hunters Point. Not because of what the Navy can offer San Francisco, but because of what San Francisco cannot offer the Navy.

R. Seybold

South San Francisco



Clip and Mail

Dear Mayor Feinstein:

In 1982, I and the rest of the City's voters made our wishes clear when 73% registered opposition (via Prop. 12) to the proliferation of nuclear weapons. Even if you can't run for mayor in the next election, as the current mayor, you should still be trying to do what the majority in this city voted for. Drop the Missouri homeport quest. Start listening to your constituency.

Name: _____

Address: _____

I am shocked by Mayor Feinstein's wishes to have the battleship Missouri homeported in San Francisco Bay. Two years ago fully 73 percent of the citizens of San Francisco voted to freeze the nuclear buildup.

This was a compelling expression from the same people who put Mayor Feinstein in office. Now, in direct opposition to the wishes of her constituents, she wants to build a nuclear warship in our harbor.

People of San Francisco, this is your Bay. We cannot allow the Missouri to be nuclearized in our backyard.

Joan Steffy
San Francisco

Raising legitimate concerns about homeporting the USS Missouri in San Francisco: the General Accounting Office has raised serious questions about safety and security precautions for nuclear weapons storage and transportation.

These weapons are an attractive

continued on page 6

TO YOUR HEALTH!

Ultrasonic Pest Devices Don't Work

The maker of the Pest Sentry has agreed to stop claiming that the ultrasonic device eliminates roaches, rats and other pests, the Federal Trade Commission announced yesterday.

Under the consent agreement, Sentronic Controls Corp. of Chicago agreed to drop the claim that the product will "eliminate roaches, rats, mice, mosquitoes, flies, water bugs, and other crawling and flying pests from your home."

The commission had brought a complaint charging that the "Pest Sentry" is ineffective in controlling rodents and insects. The ultrasonic product does not prevent the pests from entering an area and does not cover the area advertised, the commission charged.

The complaint charges that rodents become accustomed to the sound emitted by the device and will return to their nesting and feeding areas even in the presence of the product.

International Marketing & Manufacturing Inc., which markets the product, and Unigraf, Inc., which publicizes it, also are covered by the order. They are based in Chicago.

An ultrasonic device known as Pest Free that is sold for home use against rats, mice and roaches is "ineffective," the Environmental Protection Agency announced yesterday.

Its manufacturer, Panasony Electric Corp. of Skokie, Ill., is being fined \$45,000 for "misrepresenting the effectiveness" of the product, the agency said.

Labeling for the device said it "electronically rids your premises of all flying and crawling pests" and "the ultrasound acts directly on the auditory and nervous systems of the pests, causing severe pain and discomfort," the EPA noted.

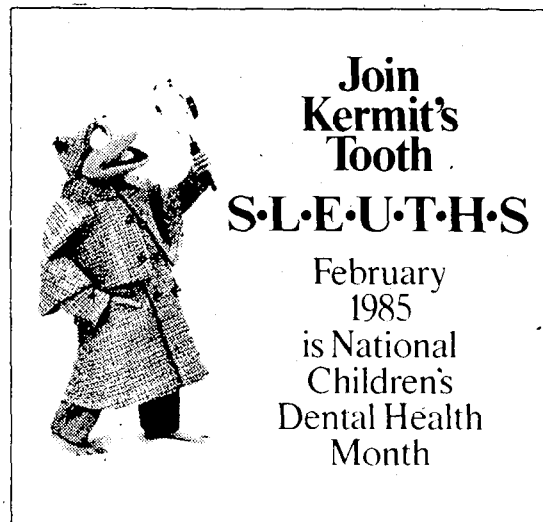
The device was studied for the EPA by the Interior Department's Fish and Wildlife Service in Denver and by the University of California's Entomology Department. "In the tests conducted, the device was found to be ineffective," the EPA said.

Vitamins Are Not Candy

Vitamins for children come in many shapes, sizes and colors. But these products are coming under increasing scrutiny in the United States. Over 130,000 children under age five were reportedly treated in emergency rooms last year because of ingesting vitamins that look like candy, and 14 percent of them had to be hospitalized. Newspaper writer Joe Graedon emphasizes the need for parents to keep these vitamins out of the reach of children, adding: "It won't hurt to start teaching youngsters that vitamins are not candy."

Be a Tooth S·L·E·U·T·H

America's favorite Muppet, Kermit the Frog is recruiting children of all ages to become Tooth SLEUTHS, detectives in search of clues to dental health, during National Children's Dental Health Month in February. The annual ADA promotion will feature Kermit joining dentistry in encouraging youngsters to "Start Learning to End Unhealthy Tooth Habits."



ADA American Dental Association
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Preventable Cancer Deaths

The five main reasons that Americans die from preventable cancer are smoking, drinking, eating, work and sex, a health expert told a conference on premature deaths in Atlanta. "The life time probability of developing cancer is now one in three," Dr. Richard Rothenberg said. "Right now there is more cancer than (at) any time in human history."

Jump Starting Requires Caution

Exploding car batteries caused more than 12,500 eye injuries last year, according to the Northern California Society to Prevent Blindness.

Most battery explosions occur when jump-starting a battery. A lighted match or cigarette, spark from a dropped tool, booster or charge cables can ignite a battery. The resulting explosion can send a stream of battery acid into the eyes, causing severe burns or even blindness.

To protect eyes, the society recommends wearing safety goggles and following safe steps in jump-starting a car. For a free jump-start instruction sticker that can be placed under the car hood near the battery, send a stamped, self-addressed business size envelope to: Northern California Society to Prevent Blindness, P.O. Box 18042, San Francisco, CA 94118. Large quantity orders are available for groups or companies.

Child Abuse Reportage and Race/Class

Child abuse in middle-class, white families is less likely to be reported to police or child welfare officials than child abuse in low-income black or Hispanic families, according to a new study. The study, published in the January issue of the American Journal of Public Health, says hospital data showed that the principal difference child abuse cases that were reported to officials and cases that were not turned out to be the race and class of the family involved. For children from household incomes above \$25,000 a year, only 36.7 percent of the child-abuse cases were reported, the study said. But nearly 80 percent of the cases involving families with incomes below \$15,000 were reported to authorities.

S.F. Hypertension Class

Do you have high blood pressure? You can learn to live with it. A 4 week high blood pressure class is held at Health Center #3, 1525 Silver Avenue. Topics include what high blood pressure is, diet in relation to high blood pressure, medications, life-style changes, stress, relaxation and exercise. There is a \$5 fee for the series. The next class starts Monday, Feb. 25, 1-3 pm.

The class is restricted to residents of San Francisco only. You must pre-register for the classes. To register or for more information, call 468-3664.

Teen Clinics and Services

The Society for Adolescent Medicine lists the following teen clinics or services in Bay Area hospitals:

- ° University of California Medical Center, Teen Clinic, 400 Parnassus Ave., San Francisco 94143; phone 666-4136.

- ° Mt. Zion Hospital, Teen Clinic, 1600 Divisadero, S.F. 94115; phone 885-7478.

- ° San Francisco General Hospital, Adolescent Services, 1001 Potrero Ave. S.F.; phone 821-8376.

- ° Children's Hospital, 3700 California, S.F.; phone 387-8700.

- ° Kaiser Hospital, 2350 Geary Blvd., S.F.; phone 929-5212.

In addition, SAM lists 55 physicians in the Bay Area who are SAM members. For a list of those physicians (who keep up with adolescent medicine by attending SAM's meetings, and reading and publishing), send a self-addressed stamped envelope with your request to: The Society for Adolescent Medicine, P.O. Box 3462, Grenada Hills, CA 91344.

Bernalian Goes to USSR

by Carlos Alcalá

Boris was one of the few men I met and talked much with in Moscow. He is probably in his early forties though he looks younger. He's an instructor in one of Moscow's many institutes and has the appearance of some kind of beatnik: longish hair (for a Russian) with a moustache and large goatee.

I met him because his wife, Tania, had told me that he was interested in getting some books for the "Beriozka" bookshop (where purchases must be made in dollars, pounds and other "hard-currencies." Shopping is generally limited to non-Soviets). Though I was not interested in any illegal or quasi-illegal activities, I was eager to do a favor for the people who had been so kind to me.

So I arranged to meet Tania one evening by the Pushkin monument (Pushkin is like a Russian Shakespeare only more so) and we walked through the snow to where Boris was waiting in his car. I had been uncertain as to whether I would recognize Tania since people look a lot alike when covered up with gloves, heavy coats and hoods or fur caps. However, I knew I would be easy to pick out. A six-foot-tall brown man with a beard wearing a purple down parka is not a common sight in Moscow.

We got into Boris' car (the only private auto I rode in while in the USSR), which reminded me of the old

Volkswagen "Thing" -- a bare essentials type of vehicle. Fortunately, it had a working heater. Boris had me put the seat belt across me but told me I didn't need to buckle it. I guess the law says you are supposed to wear a belt but many Soviets aren't any more enthusiastic about it than many Americans.

Now, I expected to go with Boris and Tania to the store while they picked out a few books. I also wanted them to advise me on what, of the Russian literature, would be good and not too hard for me to read. Then I would pay for the books. I expected he would offer me rubles for the ones he picked and I would magnanimously refuse, saying "It's my pleasure." But it didn't work out that way.

Boris asked how much I was willing to spend. I said it didn't really matter, I had plenty of money. We drove on through the city and I began to lose track of where we were. He stopped the car somewhere on a side street and hopped out, saying he'd be right back. Tania and I stayed in the car.

The reason Soviets are interested in books from the "Beriozka" is not that there are books that the government doesn't want the average citizen to read. All the books there are regular publications: children's books, literary, political, technical works, and art books.

The problem is that, though the Soviets publish many books (more ti-

ties per year than the U.S.), books are put out in small runs; between 20,000-300,000 copies. This is not enough in a large, very literate society. As a result, editions sell out quickly in the regular stores. The "Beriozkas," however, have a slower turnover and consequently have some things available that are difficult to find elsewhere.

There is, apparently, a book black market as well. Tania told me that one book that Boris wanted, *Master and Margarita* by Bulgakov, was not being published a number of years back and Tania had bought it on the black market for 60 rubles. (A ruble is worth about \$1.30 at the official exchange rate.) The Russians are as serious about their literature as Americans are about football. At the "Beriozka," the price was about 3 rubles, hard cover.

Boris opened the car door and got back in. "Will this do?" He handed me three crisp \$50 bills. "Sure," I answered uncertainly and stuck the money in my pocket.

Boris also handed me a large book of color photos of Kremlin Palaces. "This is for you."

We got to the "Beriozka," a store with curtains on the windows so you can't see in, and entered. I was pretty uncomfortable about the situation, but Boris and Tania seemed at ease and none of the store's workers bothered us. I suspect that there are a fair number of Russian

continued on page 4

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LEAVE MESSAGE AT 648-0330 or mail

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SCHOOL DAZE

Upcoming holidays for students in the San Francisco Unified School District are:

Lincoln's Birthday, Mon. Feb. 11; Washington's Birthday, Mon. Feb. 18; Spring Recess, Mon. April 1 through Fri. April 5.

BERNAL LIBRARY

MON. 1-6
TUES. 10-12 1-6
WED. 1-9
THURS. 1-6
FRI. 1-6



February

Wednesday 6

*My Journey Through Nicaragua: a slide/discussion show by Jackie Brookman. 7:30pm

Wednesday 13

Films: "California Centennial," "California Zephyr," & "Logging Railroads Of The West." 7:00pm, Bernal Branch

Wednesday 27

Films: "Big Business" and "Busy Bodies." (Laurel and Hardy). 7:30pm, Bernal Branch

Have a question?



Call your library!

American Library Association

Project Read sessions ahead

Helen Zorazkis, instructor at the San Francisco Community College's Adult Learning Center, leads project Read's next tutorial training sessions scheduled for the Main Library's Lurie Room:

--Wednesday, Feb. 6, 2:30 p.m. to 5 p.m.

--Wednesday, Feb. 13, 1:30 p.m. to 5 p.m.

--Thursday, Feb. 21, 2:30 p.m. to 5:30 p.m.

--Thursday, March 21, 2:30 p.m. to 5:30 p.m.

Call Project Read, 621-7323, during regular business hours for information and registration information.

continued from page 3

shoppers in these stores.

Because I had gone to Leningrad but had not seen the Hermitage art museum, Boris and Tania insisted that I pick out one of the many books about the museum. Since I already suspected they were going to pay for the other books I had picked out, I chose the smallest one I could find.

We ended up getting over one hundred dollars worth of books, mostly literature and art. At Soviet prices, that bought between 26 and 30 books, all hard cover.

We went back to Tania's apartment and sorted the books out and, as I expected, they wouldn't take any money for the books I had chosen. All the Russians I met were comparably generous. It often made me sad that the situation is such that I will not likely get a chance to return the favors and have them as guests in my home.

A love of their literary and cultural heritage was another common characteristic of the Russians I met. They were generous in that way, too, lending me books and talking to me about their poetry, movies, theater, and other arts.

The cultural consciousness and generosity of the Soviets I met were two of the most striking things about my trip and are two of the things that make me hope that I can visit the Soviet Union again soon.



Carlos Alcalá, former BJ editor, went to Moscow for a month at the end of 1984 as a tourist and Russian language student. The preceding is just one of his experiences in USSR. He will present a slide show on his trip at the Bernal Library at 500 Cortland Ave. at 7:15 pm on April 10.

Friends set March 3 booksale

The Friends next booksale comes up Sunday, March 3, 11 a.m. to 4 p.m. Fort Mason. Hundreds of titles are up for grabs on nearly every topic, fiction and nonfiction, at 30 cents per, four for a dollar.

OPEN SPACE

Your neighborhood needs you to attend a Board of Supervisors meeting at 3 p.m. Tuesday, February 19, in Room 228, City Hall. The Board will make its FINAL decision on:

- maintaining single family (R1) zoning, meaning no condos
- preserving the eucalyptus grove and open space by transfer of city-owned land to Dept. of Rec. & Park jurisdiction
- Retaining part of Bernal Heights Blvd. for recreational use.

This is our last chance to demonstrate support for preserving open space atop Bernal Hill. Celebration following meeting. More info: 550-0529 or 282-8318.

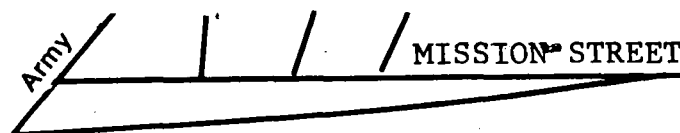


Posters for Soviet movies, lectures and sports events.

by Carlos Alcalá

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BULLETIN BOARD

Bernal Recycling Center is now buying computer paper in loads over 40 lbs. They will pick it up and pay you. Particularly interested in people who work in offices where large quantities are being produced call 282-0364 for more information.

Shared housing: Are you feeling pinched by inflation? Are your chores too hard to handle by yourself? Are you alone too much? Do you have an unused bedroom? If you can answer yes to these questions, then perhaps you should think about contacting ABLE (Action for Better Living for Elders) and see about sharing your housing. To explain how the program works, ABLE is holding meetings in many S.F. neighborhoods, in churches and senior centers. If you'd like to find out more about this program, call ABLE at 621-8181, Fridays or Mondays between 10 a.m. - 4 pm.

TREVOR MARTIN MONTESSORI SCHOOL will be opening in September in Bernal Heights. Send inquiries to: Mrs. Bozina, P.O. Box 421673, San Francisco CA 94142-1673.

FOR SALE: 3/4 violin, German, signed by maker, w/case, tuner, music stand, metronome, music books, etc. \$175 or will swap for plumbing repairs. 648-1868

LOW COST spay/neuter for dogs/cats. Margaret, 1-4 p.m. ONLY, Mon.- Fri., 552-5353.

DESK Nameplates, ID badges, plastic signs. Mon.- Sat. 9 am - 9 pm. 863-3056, 684 Guerrero. Fast service.

BLOCK CLUBS: Put it in the Journal. If you have meetings or other activities scheduled, leave it in writing at the Community Center.

Housing Rehab Loans Available

Bernal Residents received over \$250,000 in Housing Rehab loans!

Need a new roof? Perhaps your plumbing is leaking, or you're always blowing fuses?

Over the past year a many of your neighbors have received housing rehab loans at only 3% interest to make such repairs to their homes.

Over \$250,000 was loaned to low and moderate income households in Bernal Heights last year. Typically, people borrow under \$20,000 for home repairs. Under certain circumstances loans for up to \$35,000 are available.

Seniors and disabled individuals can defer payment of their loans until they sell their property.

More information? Call Bernal Heights Community Foundation or make an appointment with their Housing Director, Michael Reed, 648-0330.

TAX AMNESTY ENDS MARCH 15

Many people -- either through error or omission -- underpay their taxes. Other people do not file at all. Tax evasion costs honest taxpaying Californians money. Personal income tax evasion alone accounts for losses of two billion dollars annually. California taxpayers pay 20% more in personal income taxes each year just to make up for the revenue lost in unreported taxes.

Most people do not realize how serious tax evasion can be. Penalties up to 50% on unpaid taxes, fines up to \$20,000, interest charges, compounded daily, and a possible prison sentence are the costly consequences of tax evasion.

All penalties related to personal income tax, sales tax and use tax will be forgiven. In addition, taxpayers will not be criminally prosecuted for the years they are granted Tax Amnesty.

Tax Amnesty is a one-time only opportunity for California taxpayers -- individuals and businesses alike -- to pay off unreported and unpaid personal income tax, sales and use taxes, and interest without penalty or fear of prosecution.

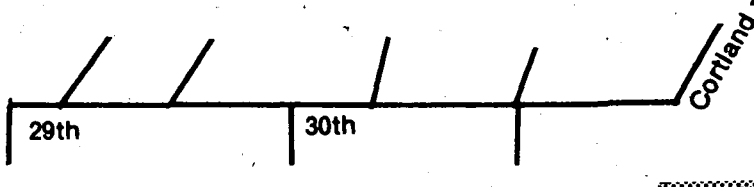
Tax Amnesty is available to anyone who:

- ° Did not file a required personal income, sales or use tax return;
- ° Did not report all taxable income sales or purchases; overstated deductions, credits and exemptions; or, is delinquent in paying past personal income taxes.

Delinquent taxpayers paid the state \$12.5 million during the first month of the one-time tax amnesty program, officials reported

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continued from page 1

Missouri? Let's "Show" Them

target for terrorists and pose the same safety problems as radioactive materials. Bay Area residents are entitled to a fully-disclosed Environmental Impact Statement.

Furthermore, we are concerned about the implications of a progressive city like San Francisco, which supports the Nuclear Freeze, providing a home for a weapons system which would prevent any freeze.

Carol Migden, President
Western States Legal Fndn.

I watch with alarm the proposal of the Mayor to make San Francisco the homeport of a nuclear-armed battleship, the Missouri. Isn't it about time we stop bringing death-dealing weapons to our door? San Francisco is too beautiful and peaceful a city to mark as a prime target for terrorists or for nuclear attack.

We need a return to rebuilding

a city that families can live in, where jobs can be provided in a much more wholesome way. Housing is needed here, not weapons.

Sonia Simmons
San Francisco

While there is a universal longing for increased security, there is a strong international, national and local awareness that stepping up the arms race decreases our security. Witness the response in 1982 to Proposition 12, when 73 percent of San Francisco voters registered their opposition to the proliferation of nuclear weapons.

Putting Tomahawk cruise missiles on ships like the Missouri is an escalation of the arms race into a mode where verification is impossible.

Leona Bayer
San Francisco

Free tax help

Free assistance in preparing 1984 Federal and State income tax returns will be available at Mission YMCA, 4080 Mission St., Mon. 10 a.m. to 2 p.m., Fri. 9 a.m. to 1 p.m., starting Feb. 4 and continuing to April 15.

Bob Ecoff, coordinator for the program, said the service is designed to help older persons understand the various tax forms and take advantage of special provisions in the tax laws for retirement income. This is especially important this year, he said, because of the changes in the tax law affecting seniors, such as the possible taxability of social security benefits and changes in the tax credit for the elderly.

Persons utilizing this service are requested to bring with them the tax packets for the current year, copies of their 1983 returns, their wage, interest, dividend and social security information and other relevant tax information.

Volunteer counselors trained in cooperation with the Internal Revenue Service and California Franchise Tax Board will staff the various sites. "Many are business or Internal Revenue people with considerable experience in tax matters. They are equipped to deal with most individual tax problems senior taxpayers confront," Ecoff said.

Tax Aide is a community service of the American Association of Retired persons.

Flea Market Donations and Help Needed

Your donations of household items, toys, books, records, plants, pots and pans, bric-a-brac, art can help raise money for three nonprofit groups in your community.

On Sat., Feb. 16, 9 a.m.-5 p.m., the Bernal Journal, the Bernal Recycling Center and the Bernal Community Center will all have tables at the site of the recycling center, back of Farmers Market, 100 Alemany. Help is also needed at the tables throughout the day.

For donation pickups, call 648-1868 for the Journal; 282-0364, recycling; 648-0330, community center. No large furniture or clothing, please.

**Tell Our Advertisers
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Journal**

Volunteers

Joe Gibson asks that persons interested in helping on a community project, please call him. He has suggested that the Neighborhood Center ask area businesses to give their scrap materials to us, as tax-deductible donations, in particular the building trades sort of material.

Then the Center volunteers and perhaps the California Conservation Corps youth, and even our Bernal youth, could put these items to work -- making planter boxes, or shelving, or whatever the available materials suggest to beautify our community. Volunteers would not be expected to give more than a few hours monthly, and would be notified in advance when they will be needed. Joe is willing to coordinate if responsible volunteers will call him: 648-0330 MESSAGE.

Fund for Poison Gas Victims

Leaders of Bay Area Indian communities opened a relief fund to aid victims of the poisonous gas tragedy in Bhopal, India.

Dr. Vinod Sawhney, a San Leandro physician, asked that donations be made to the Bhopal Cyanate Disaster Relief Fund, Bank of America, Box 7, San Leandro 94577.

Methyl isocyanate, the substance that escaped from a storage tank at Bhopal, India, with severe loss of life is widely used in preparing insecticides, such as Union Carbide's Sevin.

Made of cyanate -- a derivative of phosgen gas and methylamine -- methyl isocyanate reacts with water, or any moist part of the human body such as the eyes, nose, throat, lungs and mucus membranes.

Heavy exposures can apparently cause enough fluid accumulation in the lungs to cause drowning. Its effects differ basically from those of cyanide compounds, which attack the nervous system, causing paralysis of the respiratory muscles.

BHCF OPEN HOUSE

The Bernal Heights Community Foundation invites you to a house warming party in their new offices on Feb. 12, 4-7 p.m.

Office decor such as plants, rugs, art work, office supplies, etc. will be greatly appreciated as housewarming gifts.

BHCF moved from 399 Cortland to 515 Cortland on Jan. 1. New phone number for all staff is 648-0220.



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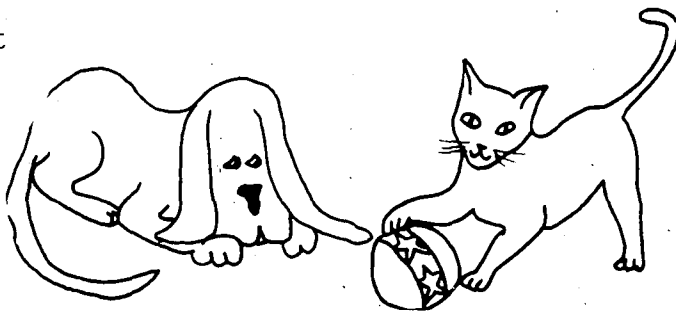
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Natural Products for Natural Pets

Zampet of San Francisco is truly unique in its products, atmosphere, ideals and practices. It is a business, but one with a lot of heart.

By Margaret Jackson



A native Californian, Phil Zamora has taken a simple, natural item, the Eucalyptus bud, and put it to a new use in the form of a natural pet flea collar. He sells both basic ones made of only a few Eucalyptus buds and more decorative ones made with buds, carved wooden beads and a brightly colored pottery bead.

Phil began making and selling these collars on the street in S.F. in 1977. In response to heavy demand by the public he soon began supplying the health food stores.

Phil has always involved himself very personally in his business. He not only supplied the health food stores but he also maintained his displays; and responded to store owners and public's input regarding quantity, quality and design of the collars.

From being a supplier to other stores Phil has now opened his own shop, 3274 Mission Street, for selling his collars. Phil handles a great variety of other holistic products, all oriented toward promoting

natural and healthful lives for pets. These include wonderful Eucalyptus oil imported from Australia; many different kinds and combinations of vitamins for both dogs and cats; cookbooks from which you can make your pet wholesome, healthful and balanced meals which contain no chemical additives (found in all commercial cat and dog foods); non-toxic flea dip; natural K-9 breath mints for dogs; Science Diet Feline Maintenance cat food; Cornucopia pet food; both dry and canned; dried liver snacks for cats, and much more.

Zampet isn't like an ordinary pet store. It has a wonderful smell -- combination of herbs used in many of

the products. It does carry traditional items such as flea combs, nail clippers, leashes, dog beds, and coats. It also sells food but you won't find Kitty Queen or Tender Vittles here. Everything is natural, there are no chemicals or additives that might compromise the health of your pet.

Phil Zamora cares -- for the environment for animals, and for people. He is a promoter of health, well-being, and a strong life. Zampet reflects his attitudes, providing for the public a chance to see and try many products unavailable anywhere else.

Even though he has expanded and can no longer manufacture enough collars by himself he has an innovative solution to the problem of finding a work force. He cooperates with Sheriff Hennessey's office in a program designed to train prisoners, nearing release from jail, in some kind of craft or skill useful in jobs in the outside world. When they are released, several prisoners are employed by Phil, making flea collars. Everyone involved in the situation is benefitted. In fact, everyone involved with Zampet of San Francisco benefits.

Bernal Heights Neighborhood Center

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BERNAL JOURNAL

BERNAL JOURNAL

The Bernal Journal is produced every two months by a group of volunteers, with the support of community business. Our circulation for this issue is 5000. Our mailing address is 515 Cortland Avenue, SF 94110.

ADVERTISERS

Next deadline: MARCH 20

EDITOR: Lurilla Harris

ADVERTISING: Lisa Steadman

TREASURER: Carlos Alcala

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Business card rate is \$20. 1/6 page \$50. 1/3 page \$60. 1/2 page \$110. Full page \$200. 10% discount on agreement to run 3 or more consecutive ads. Typesetting available at additional charge. No charge for pasteup.

DEADLINES:

Please ask for assignment or send notice of planned articles for next issue by March 15. Photos, ads and stories due March 20 for April issue.

Can you take in a foster pet?

The San Francisco chapter of the SPCA needs volunteers to provide temporary homes for animals that need extra time, attention and love before they are ready to be adopted.

The society says human "foster parents" are often needed to care for very young abandoned kittens and puppies or stray dogs and cats that have been injured and need time to heal.

After a few days or weeks of home care, the animals are returned to the society's shelter so they can be placed in permanent homes.

The SPCA needs volunteers for other jobs as well. For more information, call the society at (415) 621-1700.

THE SAN FRANCISCO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

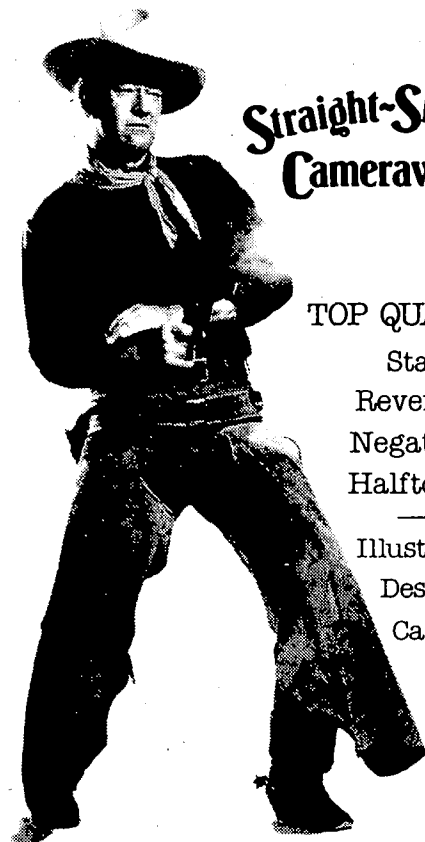
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Don't be depressed: The winter months can be the most depressing time of year, especially if your family is not with you or if you have been recently bereaved. The SF/SPCA suggests an antidote to loneliness, the Old Friendships Program which is designed to encourage and sustain the wonderful bonds that can develop between older people and adult animals. What this means is that you can adopt a pet absolutely free. In addition to a new companion, a new enrolled in the program receives a starter kit of pet food, bowls, collar and leash plus free medical services, spay/neuter surgery and a year's membership in the SF/SPCA. For more information about this program, call Lynn Spivak at 621-2062.

Today's San Francisco SPCA

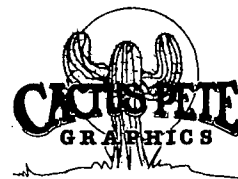
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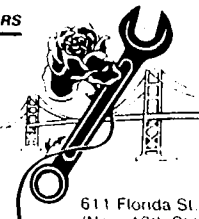
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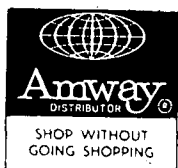
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